

Itinerary for Helsinki Field School, 1-12 August 2023

(Subject to change)

Name of Field School Directors (FSD): Annika Airas and Meg Holden

- *Travelling in the Helsinki region will occur via public transportation (HSL). Field school participants will use a combination of subways, buses, trams and ferries.*
- *All students and teaching staff are meant to stay in the same hostel in Helsinki for the entire length of the field school. Breakfast will be offered by the hostel.*
- *Two group meals will be provided but dates yet to be decided.*

Morning preparatory sessions will be held at the Hostel from 8-8:30am.

Aug 1 Tuesday

Arrival day - Program starts in the afternoon.

Welcome orientation and downtown walking tour

Starting from hostel, we will tour the Senate Square and surroundings, including libraries (National Library and Kaisa library) and the historical main building of the University of Helsinki, then moving to Market Square and Old Market Hall. We will end up to Esplanadi Park.

Aug 2 Wednesday

Morning Preparatory Session

Port of Helsinki

A visit with port experts to discuss the opportunities and challenges of sustainability at one of the busiest passenger ports in Europe.

<https://www.youtube.com/watch?v=O3O95nud1cY>

<https://www.portofhelsinki.fi/en/responsibility/environmental-responsibility>

<https://www.portofhelsinki.fi/en/making-new/port-development-programme-lively-port-lively-city>

University of Helsinki visit

Visit at HELSUS (Helsinki Institute of Sustainability Science) Office:

(<https://www.helsinki.fi/en/helsinki-institute-of-sustainability-science>) and Helsinki Institute of Urban and Regional Studies (University of Helsinki and Aalto University) in downtown Helsinki.

(<https://www.helsinki.fi/en/helsinki-institute-of-urban-and-regional-studies>)

Group meal

Aug 3 Thursday

Morning Preparatory Session

Suomenlinna Visit

A visit to a UNESCO World Heritage site located on an island close to downtown Helsinki. The visit will provide an introduction to coastal living, cultural resilience and heritage, historic preservation, and an advanced example of sustainable tourism.

<https://www.suomenlinna.fi/en/>

Research Support Session – Instructor and Small Groups

Aug 4 Friday

Morning Preparatory Session

Eco-Viikki

A visit to Eco-Viikki, an eco-neighbourhood in Helsinki. Eco-Viikki was the first area in Finland with specific policy aims for an ecologically designed neighbourhood. The University of Helsinki has had a presence in the area since the beginning of the 20th century, and it has used the properties and fields for agricultural and forestry education and research.

Local cultural traditions:

Option 1: Seurasaari outdoor museum

A visit to an outdoor museum to provide historical context and cultural perspectives on coastal living in Helsinki and beyond. Seurasaari represents ways of living in different parts of Finland from the 17th century to 20th century.

<https://www.kansallismuseo.fi/en/seurasaarenulkomuseo>

Option 2: Löyly, Hernesaari

A trip to Löyly, a new complex built on a formerly industrial waterfront. This new waterfront development has saunas and leisure space, and is committed to sustainable business and green construction. The project is known for its focus on sustainability goals such as FSC certified wood materials.

<https://www.nepcon.org/newsroom/sauna-complex-gains-finlands-first-ever-fsc-project-certificate>

https://www.nytimes.com/2016/06/02/t-magazine/finland-helsinki-public-sauna-loyly.html?_r=0

Aug 5 Saturday

Morning Preparatory Session

Porvoo

A day trip to Porvoo, one of the oldest cities in Finland. The well-preserved medieval structure of the city along the Porvoo river gives a sense of coastal living, cultural heritage, and cultural resilience. Historical Porvoo represents Finnish frugality, which is a key component of local social sustainability.

<https://www.visitporvoo.fi/>

As part of the visit we will explore National Urban Park in Porvoo

<https://www.visitporvoo.fi/en/>

<https://www.porvoo.fi/en/national-urban-park/>

Evening Research Support Session – Instructor and Small Groups

Aug 6 Sunday - No group program on this day but students will work independently/in small groups to work through their course assignments, review literature, and gather needed materials for reflection.

Optional activities:

Island hopping

Tour little islands close to downtown Helsinki, e.g. Vallisaari, Lonna, Pihlajasaari and more (see: <https://www.myhelsinki.fi/en/see-and-do-neighbourhoods/seaside-helsinki/islands-within-a-fifteen-minute-ferry-ride>)

Walk around Töölönlahti Bay

Tour the walking path around Töölönlahti Bay which passes by old villas and overlooks many famous buildings in the city: <https://www.myhelsinki.fi/en/see-and-do/activities/t%C3%B6%C3%B6l%C3%B6nlahti-bay>

Unique Places in the City

These visits are meant to give unique experiences of living in the city through everyday environments of locals. These visits give insights to cultural traditions and activities.

The Chapel of Silence (<https://www.myhelsinki.fi/en/see-and-do/sights/kamppi-chapel>) ,

Teurastamo (A repurposed abattoir area, now a public urban space/restaurant/event arena among others: <https://teurastamo.com/en/>)

Liuskasaari (Small island very close to the mainland, offers a seaside experience:

<https://www.myhelsinki.fi/en/see-and-do/activities/liuskasaari>)

Regatta café shop (<https://www.myhelsinki.fi/en/eat-and-drink/cafe/C3%A9s/cafe/C3%A9-regatta>)

Iconic/symbolic buildings in the city

Uspenski Cathedral (<https://www.myhelsinki.fi/en/see-and-do/sights/uspenski-cathedral>)

Tuomikirkko Cathedral (<https://www.myhelsinki.fi/en/see-and-do/sights/helsinki-cathedral>)

“Rock” church (Temppeliaukion kirkko, a church that has been carved into rock:

<https://www.myhelsinki.fi/en/see-and-do/sights/temppeliaukio-rock-church>)

Public spaces

Kaivopuisto (Significant public park: <https://www.myhelsinki.fi/en/see-and-do/sights/kaivopuisto-park>)

Downtown Market Square (<https://www.myhelsinki.fi/en/see-and-do/sights/market-square>) and new

Allas pool that is combination of a public space and ocean pools.

Esplanadi Park (<https://www.myhelsinki.fi/en/see-and-do/sights/esplanade-park>)

The National Library of Finland (<https://www.kansalliskirjasto.fi/en>)

Kaisa (University of Helsinki library: https://www.libraries.fi/buildings/helsinki-university?language_content_entity=en)

August 7 Monday

Morning Preparatory Session

“Siirtolapuutarha” Garden Visit

A walking tour of a “siirtolapuutarha,” which is an area of urban garden houses. This area is somewhat like a community garden, except people live in garden homes on their plots. This unique landscape advances an understanding of ecological perspectives of living in the city, while also helping to understand ways of living that promote frugality and community living.

Link to a non-profit garden association: <https://www.siirtolapuutarhaliitto.fi/siirtolapuutarhaliitto/the-federation-of-finnish-allotm/>

Museum visits (Optional)

Choose one of the following museums to visit to gain perspective on local context and Nordic ways of living and learning. Pick from:

- The National Museum of Finland (<https://www.kansallismuseo.fi/en/kansallismuseo>)
- Amos Rex (New underground museum focused on arts and design, <https://amosrex.fi/en/what-is-amos-rex/>),
- Museum of Finnish Architecture (<http://www.mfa.fi/frontpage>)
- Kiasma (Museum of modern art, <https://kiasma.fi/en/>)
- Helsinki City Museum (free entry, <https://www.helsinginkaupunginmuseo.fi/en/exhibitions>)
- The Design Museum (<https://www.designmuseum.fi/en/>)
- HAM Helsinki Art Museum (<https://www.hamhelsinki.fi/en/>)

Evening Check-in Session – Student Well-Being

Aug 8 Tuesday

Morning preparatory meeting

City of Helsinki planning department

A visit to the City of Helsinki to discuss ongoing urban policies and practices with local planning experts. Special focus will be on sustainability options in housing.

<https://www.hel.fi/kanslia/en>

See also: <https://www.hel.fi/en/housing/housing>

Visit at Finnish Institute for International Affairs

This visit will provide us with an opportunity to learn more about Finland's relationship to Russia, get some context for the recent events in Ukraine, Nordic collaborations, and more. We will be provided with expert insights on Finland's foreign and security policy and international relations during the current crisis. <https://www.fiia.fi/en/introduction>

Aug 9 Wednesday

Morning preparatory meeting

YLVA visit

YLVA is a company owned by the students of the University of Helsinki and has a strong emphasis on sustainability (see more: <https://ylva.fi/en/ylva/about-us/>)

Potential tour at LYYRA development will provide an example of an contemporary urban sustainable development project in Helsinki. The purpose of this visit is to learn from topical examples that aim to enhance Helsinki's sustainable city agendas and image (see more here: <https://ylva.fi/en/premises/lyyra/> <https://ylva.fi/en/ylva/news/green-development-funding-of-eur-65-million-for-ylvas-lyyra-project/>)

Jätkäsaari/West Harbour tour

A visit to a redeveloped urban waterfront neighbourhood. This visit will take a closer look the change from industrial activities to primarily residential.

<https://www.uuttahelsinki.fi/en/jatkasaari>

Aug 10 Thursday

Morning preparatory session

Demos Helsinki

Demos Helsinki, an independent sustainability think tank, has been working with YLVA on the Lyyra project, and they will offer us an overview of their projects in urban sustainability.

<https://demoshelsinki.fi/>

Baana pedestrian street project

Repurposed railway corridor linking downtown to the broader pedestrian and cycling network.

https://nordregio.org/sustainable_cities/baana-bicycle-and-pedestrian-corridor/

Research Support Session – Instructor and Small Groups at Helsinki Central Library, Oodi

<https://www.oodihelsinki.fi/en/>

<https://www.theguardian.com/cities/2018/may/15/why-finlands-cities-are-havens-for-library-lovers-oodi-helsinki>

Aug 11 Friday

Morning preparatory meeting

Suburban excursion (TBA)

This visit includes further exploration of the suburban context in the Helsinki region, including a neighbourhood overview and an introduction to neighbourhood housing opportunities, community services and amenities.

Group Meal

Aug 12 Saturday

Morning preparatory meeting

Field school wrap-up event

Program ends by noon Saturday